

"The secret of life is to have a task, something that you devote your entire life to, something to bring everything to, every minute of the day for the rest of your life.

And the most important thing is, it must be something you can't possibly do."

- Henry Moore 1898-1986

DIRECTIONS



By Road: From Belfast take the M2 and leave it at the A8 exit. Just outside Larne leave the A8 by turning left onto Pound Street at the High Rise Flats. Continue straight on, through three sets of traffic lights to the end of Victoria Road, Drumalis gates are directly across the Glenarm Road.

By Public Transport: From Railway, Bus and Harbour follow the signs for the Coast Road. Drumalis is on the right before Bankheads Lane before you leave the town.

If you would like further information about getting to Drumalis, please do not hesitate to contact us.

AGEING WITH GRACE

You are never too old to set another goal or to dream a new dream.

C. S. Lewis

Saturday, 2 September 2017 at Drumalis

A RETREAT DAY FOR PEOPLE OF ANY AGE.

with Maria Garvey

"It is not true that people stop pursuing dreams because they grow old, they grow old because they stop pursuing dreams."

- Gabriel García Márquez

Drumalis, 47 Glenarm Road, LARNE,
County Antrim, BT40 1DT
Tel 028 28272196/2827 6455 Fax 028 2827 7999
Email drumalis@btconnect.com
Website: www.drumalis.co.uk

AGEING WITH GRACE

About the retreat day:

Following a very successful first year, we are happy to announce that 'Ageing With Grace' will be held again this year at Drumalis on Saturday, 2 September 2017.

Letting Go with Grace is the work of the third age. This year's retreat will explore the challenges of ageing recognizing also that the journey of ageing offers each of us the opportunity to move deeper into our inner self as we grow in freedom and wholeness. As we age, we find ourselves becoming who we were most meant to be.

'Ageing with Grace' led by Maria Garvey is a retreat for people of any age committed to accepting themselves as they are, recognizing their innate beauty and rejoicing in every passing day. We will explore the wisdom and practices of different faith and spiritual traditions to help us to understand ourselves more clearly and make choices that promote wellbeing and cultivate the inner resilience that we need to be with the inevitable loss and pain that are part and parcel of life at any age.

The day will offer a balance of conversation, contemplation, prayer, beautiful nature, good food and GREAT FUN!

About the retreat giver:

In a career spanning more than 30 years, as a leader in education, health & social care, community and social enterprise, Maria has brought her experience and knowledge to a wide range of individuals and organizations both nationally and internationally.



Trained in Transformational Leadership, Coaching, Organizational Facilitation, Mindfulness and Spiritual Accompaniment her work is dedicated to empowering people, enhancing wellbeing and optimizing performance in life, work, community and leadership.

Inspiring people to do what inspires them, she facilitates groups, offers leadership coaching and training and teaches Mindfulness Based Stress Reduction (MBSR) and other transformational practices. She is a spiritual companion to a number of people and an experienced retreat leader. Scripture, centering prayer, nature, the creative arts and friendship nourish and sustain her own life and spiritual journey.

Duration:

The day will begin with registration and tea and coffee on arrival from 9:00 am to 9:30 am on Saturday, 2 September. It will finish at 4:45 pm approx.

Cost:

The day costs £55 (includes retreat materials, morning and afternoon refreshments and a full lunch.)

Early Bird Rate: £45 payable in full 1 month in advance of the retreat day.

BOOKING FORM

Name

Address

Postcode

Tel No

Mobile No

Email

Special Requirements (eg, dietary)

.....
A non-refundable and non-transferable deposit of £20 is required with each booking made payable to Drumalis. This will be counted as part of the total cost.

Please return completed Booking Form and deposit to: Co-ordinator of Admin Services, Drumalis, 47 Glenarm Road, LARNE, County Antrim, BT40 1DT

*Cheques should be made payable to Drumalis.
We accept payment by credit/debit card.
Why not save time by paying deposits and booking your place by phone.*